

May / June 2017

Location Address:

1180 Rosemont Road
West Linn • OR 97068
Phone: 503-557-4704
Fax: 503-723-4251

Mailing Address:

22500 Salamo Road • Ste. 1100
West Linn • OR 97068

www.westlinnoregon.gov

www.facebook.com/Friends.of.the.WLACC



Friends Reaching Out
to Friends

FRIENDS

of the West Linn Adult Community Center

Ooh La La!
Mother's Day Tea

Monday
May 8th at 12:00 noon

West Linn Adult Community Center
1180 Rosemont Rd.
503 557-4704
\$14.00

Enjoy delicious tea and delicacies served by handsome men in tuxedos. Wear your finest hat & you could win a prize!
Tickets need to be purchased in advanced at the ACC front desk. You may call in and pay by credit card as well.

**Friends of the
West Linn Adult Community Center
FUN - Raiser!**



**Friday, June 23rd
at the
West Linn
Adult Community
Center
Dinner will be
served at
4:30 pm-7:00 pm.**

(See inside for more details)

**Annual Plant
Sale. May 11th
and 12th from
9:00-3:00 pm**



Friends of the West Linn Adult Community Center

Staff:

Tiffany Carlson
Recreation Coordinator

Robin Way
Substitute Coordinator

Board Members:

Warren Guest, *President*
Bill Barger, *Vice-President*
Margaret DeJardin,
Treasurer

Directors:

Mieke Wiegman
Lorene Bay
Marsha Wilkins,

Committee Members:

Veronica Ferenz, *Gift Shop*
Dick Hunt, *Memorial Bricks*
Rita Perry, *Historian*
Bev Whiteley, *Sunshine*
Chair

WLACC Newsletter:

Mieke Wiegman, *Editor*
miekew@comcast.net
Keli Stevens,
Facebook and Volunteer
Staff Writer

Location WLACC:
1180 Rosemont Road
West Linn, OR 97068
Phone: 503-557-4704
Fax: 503-723-4251

Mailing Address:
Care of City Hall
22500 Salamo Road,
Ste. 1100
West Linn, OR 97068

*The WLACC Newsletter
editor reserves the right
to edit, or shorten articles
submitted for clarification.*

Letter from Robin Way



I would like you all to know how much I appreciate your warm welcome and encouragement as I returned to the Center to fill in for Tiffany. It is fun connecting with familiar faces and meeting new ones. Speaking of Tiffany, we are all so happy for her and enjoy seeing the pictures of her beautiful baby girl.

I've been thinking, during all these rainy April days, if "April showers bring May flowers" then our gardens are sure to overflow in May. We have a garden of delights for you in May and June beginning with the annual, much anticipated Mother's Day Tea on May 8th followed by the Plant Sale. For bus trips there is the rescheduled trip to the Trappist Abbey, a trip to Spirit Mountain Casino, and then in June a visit to the Oregon Garden.

We will continue to have interesting presentations and activities including the Memory Café, Alzheimer's classes, and Barbara Cahill, an Audiologist, who will give information, do hearing screenings, and clean and check hearing aids. Find more details about all the activities throughout the newsletter.

I hope you enjoy the warmer temperatures and being outside more but make time to participate in the many activities at the Center.

~ Robin

President's Corner – What's happening:

At this point, no news about the possibility of getting a bus from Ride Connection. I spoke with Ken Warner about that, and he said he'll be contacting them again as March has now moved into April. Hope to share more positive news with you in the near future.

Due to some flooding at the Center, things seemed a little messy. (=soggy) However, the city responded very rapidly, repairs were done quickly, and we were happy to keep the center open during these repairs. Nobody seemed to mind much except for the Honey Pots. They did the job.

With the help of Ken Warner from the City of West Linn the gift shop now has an onsite locked storage, which is being happily used by Veronica and John Ferenz. Thank you Ken.

Mark Thomas (member of the band and drama groups) requested funding for 2 music stands, sound equipment, A 4head set system with receiver and materials to build four wood/carpet stage modules (4'x4'x8" ea) for a total of \$1000. After some discussion and Mark's agreement that all of this equipment would be made available to all groups at the WLACC, the Board motioned, seconded and passed Mark's request. The stage was designed and built by Mark Thomas, with help from members of the drama group, Chris Morgan and myself.

Remember! **June 21, 2017** is election day, and don't forget, you need to be a member for the year 2017 to either vote or run for a seat. Membership dues should be made before May 1st. Looking forward to seeing you all soon.

~ Warren H. Guest, *President*

Schedule of Ongoing Events

EXERCISE CLASSES

Aerobics: Mondays and Fridays, 10:00 am. Exercise with a videotape. FREE.

Chair Aerobics: Wednesdays, 10:00 am. Exercise with a videotape. FREE.

Core Conditioning: Tuesdays and Fridays from 9:45-10:30 am. Strength training using a combination of free weights, stretch bands and medicine balls as well as your own body resistance. This is a Pilates, yoga and strength training fusion workout. We focus on core strength, flexibility and total body conditioning. Bring small hand-held weights, yoga mat, towel and water. \$48 for 1x a week, \$96 for 2x a week or \$6 per class drop in fee. Classes are ongoing. Please call the front desk for registration information. (No class May 5th).

Core Strength: Tuesdays, Thursdays and/or Fridays. 8:00-8:30 am. Half hour of floor exercise and resistance weight training to build your core strength. Your choice twice or three times weekly for 8 weeks. \$40.00 for 2 classes \$60.00 for 3 classes. \$4.00 drop in.

Nia- Music & Movement: Tuesday's/Thursday's: 11:15 am-noon. Nia is music and movement as medicine: an invitation to self-healing. It encompasses the classic movement forms of the martial arts, the healing arts and dance. It's practice touches all levels: body, mind, heart and spirit. Come move and be moved with us in your own body's way. Monthly Pass \$40 (8 classes) \$7 drop in. Ongoing classes.

Dai Mai Qigong: Mondays 10:00 to 11:30 a.m. – Start this year off right and enhance your health. Dai Mai Qigong is one of the best Qigong methods to reinforce your immune system because it works directly on the Dai Mai (Belt Meridian) around the waist. All Qigong forms are highly beneficial and promote good health and balance as we age. All forms can be comfortably performed sitting on a yoga pillow, standing or sitting in a comfortable chair. Instructor: Master Qigong teacher Lyndalea Ruffner. \$55 - \$7 Drop in Fee (\$15 Booklet recommended, not required).

Qigong: Seven day liver cleanse. Mondays 10:00 to 11:30 am, starting April 3rd through June 5th. (*No classes May 8th and May 29th*). This is a powerful class that will show you how to cleanse internally through breathing, intention and movement. This in turn allows you to start spring with strong, fresh, clean energy. Instructor: Master Qigong teacher Lyndalea Ruffner. \$55:00 - \$7:00 drop in fee.

XiXiHu Qigong Walking Summer series: June 19-August 28th. No classes 7/3, 7/24 and 8/7. \$55 -\$7 drop in.

Strength and Balance: Tuesdays, Thursdays and/or Fridays, 8:30-9:30 am. Your choice of twice weekly for 8 weeks, \$70.00. Or your choice of three times weekly for 8 weeks, \$108.00.

Tai Chi: Mondays, 8:45-9:45 am. Open floor, advanced self-led class. (No instructor). FREE.

T'ai Chi (Instructor lead.) Tuesdays 11:00 am-12:00 pm, session begins **May 5th** (8 week term). Taught by Sharon Miller, increase your vitality, coordination and balance. This class will introduce you to the ancient Chinese Yang-Style Form. The 24 movements are performed in a continuous sequence at slow speed — beneficial for any age or physical shape. Non-Competitive. 8 week term, 8 classes \$48.00. Please sign-up at the front desk.

Walking Group: Mondays, Wednesdays and Fridays. Meeting point at the Center at 8:30 am. Walk the neighborhood for about 3 miles with friends. About 1 hour. FREE.

Yoga: Tuesdays and Thursdays, 10:00-11:00 am. This Gentle Yoga class is a comprehensive class covering balance, strength and stretching. 16 Sessions for 8 weeks \$60.00, or \$6.50 drop in per class. Instructor: Tiffany Carlson. (Interim substitute for Tiffany is Lyndalea Ruffner.)

GAMES

Bridge: Mondays at 12:30-3:00 pm, and Thursdays at 12:30 am-3:00 pm. FREE

Hand and Foot: Mondays at 10:00-12:00 am. FREE.

Pinochle: Tuesdays, Wednesdays and Fridays, 12:30-3:00 pm. FREE.

Texas Hold 'Em: Fridays, 12:45 pm. \$5.00 buy-in.

Whist: Fridays at 10:00 am. FREE.

Mah Jongg: Fridays at 1:00 pm. Are you interested in playing or learning how to play Mah Jongg? While the origin of mahjongg (má jiàng), called mah-jongg in the U.S., is unknown, the fast-paced four-player game is popular throughout Asia. Call the front desk and if you are interested call 503-557-4704.

HEALTH

Acupuncture: First and third Thursday of the month, appointments are available at SACHI Wellness Center, for WLACC Members only. Call the front desk for an appointment. (503-557-4704)

Brain Fitness will resume sometime in the near future.

Foot Clinic: First Wednesday and Friday of the month from 9:00 am-2:30 pm. Call 503-557-4704 for an appointment. FEE \$30.00.

Adult coloring: Thursdays 1:00-3:00 pm. Research shows that adult coloring has a de-stressing power and can be therapeutic. Come join this new activity and enjoy the relaxing benefits of coloring with friends. You may bring your own book or purchase them at the ACC. Colored pencils will be provided.

Schedule of Ongoing Events (Cont'd)

DRAMA AND MUSIC:

The Aged Cured Hams Drama Class: The Aged Cured Hams Drama Class will be meeting **Mondays at 1:00 pm.** Check out the bulletin board for upcoming information, or call the front desk at 503-557-4704 and leave a message for Carol Shiveley if you would like to participate. Classes are FREE.

West Linn Uke Jam: Tuesdays at 2:00 pm. Visitors are encouraged and all levels are welcome. If you'd like to bring music to share with the group, please bring about 30 copies and deposit them on the front table so folks can pick them up as they arrive. Instruments other than ukuleles are also welcome. FREE.

The Rosemont Rhythm Band: Wednesdays from 1:00-3:00 pm. Join us and have lots of fun. All instruments welcome. For questions and information, please call Mark Thomas at 503-723-6088. FREE.

SPECIAL INTEREST CLASSES:

Craft of the Month: Still to be determined at time of print. Check out the bulletin board or the front desk for updated information. Class is FREE, except sometimes for material costs.



Knitting and Crocheting:

Thursdays from 10:00-12:00 noon. FREE.

Garden Appreciation Group: Wednesdays, 11:00-12:00 noon. A weekly gathering to explore the plants, science, crafts and art of gardening. FREE.



Painting:

Open studio Fridays from 11:00-2:00. FREE.

Computer Instructions: Tuesdays, Thursdays, and Fridays, from 9:00 am-noon. Instructor: Richard (Dick) Hunt. For an appointment for both the Senior Law Projects and Computer Instructions, call the Center at 503-557-4704.

Share Singers: We visit nearby senior living communities to share sing-alongs and conversations with the residents. Our goal is to interact with residents, not entertain them. Our motto is, "share a smile, share a story, share a song." New members are welcome at any time. FREE.

May/June 2017 Schedule

Meetings are held some Thursdays

May 18 9:45 am Depart WLACC to visit SpringRidge Court

May 25 9:45 am Depart WLACC to visit Tanner Spring



June 8 10:00 am Meet at WLACC to prepare for Summer visits

June 29 9:45 am Depart WLACC to visit The Springs at Carman Oaks

Wood Carving: Mondays at 9:00-12:00 noon. No Charge.



This Kestrel was carved by Myron Carpenter

NEW! Wii Bowling Group to Meet:

Tuesdays at 1:00 pm in the Hemlock room. See page 11 for more details.

Writing: "Honoring Our Memories": Tuesdays at 9:45-12:00 noon. Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for your future generation.

Senior Law Projects: Half hour consultations every 2nd Monday of the month.

Schedule of Ongoing Events (Cont'd)

Book Club – Meets 2nd Wednesday of the month at 1:00 pm.



Join Us Wednesday, May 10th at 1:00 pm to discuss the book

“The Traitor's Wife” by Allison Pataki

A novel about the woman behind Benedict Arnold and the plan to betray America. Everyone knows Benedict Arnold—the infamous Revolutionary War General who betrayed America and fled to the British as history's most notorious

turncoat. Socialite Peggy Shippen is half Benedict Arnold's age when she seduces the war hero during his stint as Military Commander of Philadelphia. Blinded by his young bride's beauty and wit, Arnold does not realize that she harbors a secret: loyalty to the British. Nor does he know that she hides a past romance with the handsome British spy John André. Told from the perspective of Peggy's maid, whose faith in the new nation inspires her to intervene in her mistress's affairs even when it could cost her everything.

& Join Us Wednesday, June 14th



“The RENT COLLECTOR” by Camron Wright

Survival for Ki Lim and Sang Ly is a daily battle at Stung Meanchey, the largest municipal waste dump in all of Cambodia. They make their living scavenging recyclables from the trash. The Rent Collector is a story of hope, of one woman's journey to save her son and another woman's chance at redemption. It demonstrates that even in a dump in Cambodia – everyone deserves a second chance.

FROM The Desk of



Being represented in the West Linn Tidings. . .

Do you subscribe to the West Linn Tidings?

When my husband and I moved out here, that was the first thing we did. Subscribe to a local newspaper who could inform us, or tell us, or let us know about everything happening in our new neighborhood. And now, quite a few years later, I look forward to reading all the local happenings time and time again.

I was sorry to learn recently that Doug Dickston, who together with his wife Peggy, are such a strong force within our West Linn Adult Community Center, decided to stop writing for the West Linn Tidings.

I had always looked so much forward to see what he wrote about our beloved Center. It felt like a tribute AND at the same time, such great advertising too!

No matter why Doug decide to stop writing, we will and should always be grateful for all the work he did promoting the WLACC. Interviewing the many new people coming in, or simply just to promote one of our new activities. Not to forget the mention of our lovely lunches three times a week. **THANK YOU DOUG** for all that you contributed for the WLACC by representing it in The West Linn Tidings.

We all will look forward to see you both at the Center for many years to come!

Thank You! Have a wonderful May and June.

HONOR your loved ones.

Do you know that our West Linn Adult Community Center has a brick memorial garden? Yes, you can purchase a brick, have it engraved with your choice of text, (three lines, sixteen characters per line, maximum) and then have it installed, cost is \$40.00. Ask the volunteer at the desk for more information, and fill out the form available. All proceeds will benefit the Friends of the West Linn Adult Community Center.

WANTED (for 'The Best Kept Shopping Secret in West Linn', which no longer wants to be **THAT** secret!).

Needed, a volunteer who knows how to run a Facebook page. We are looking for someone to set up a business Facebook page for our shop and keep it updated from time to time. Need to know more how Facebook could help increase our sales, please visit the link below.

How Does Facebook Work? - A Basic Overview
<https://www.thebalance.com/how-does-facebook-work-1794257>

Dec 30, 2016 ... An overview of Facebook for fun and profit, including how it can be used to help you promote your home business.

If interested, please contact John or Veronica Ferenz.



Vintage set of Ruby glass dishes. Made in France. 37 pieces. \$50.00 for the whole set.

Please contact Veronica or John Ferenz for more information or call the center at 503-557-4704.

SAVE The Date

UPCOMING BUS TRIPS

All lunches are at your own expense, unless stated otherwise.

Thursday, May 11th—Spirit Mountain Casino. \$10.00 for bus trip. Leave ACC by 9:30 am, estimated to return by 4:00 pm.

Wednesday, May 24th—Trappist Abbey—Our Lady of Guadalupe in Lafayette—Tour and singing. \$10 for bus trip. Leave by 9:45 am, estimated to return by 3:00 pm.

Thursday, June 8th—Oregon Garden and lunch at the Garden View Restaurant. \$10 for bus trip. Garden admission is \$10 for 60 and over, and \$12 for under 60. Lunch is on your own. Leave ACC by 9:30 am, estimated to return by 3:00 pm.

UPCOMING PRESENTATIONS & EVENTS

Join us for various presentations and workshops on health and senior living topics. Some talks may get scheduled after the printing time of this brochure. To register please call the numbers below, or stop by the front desk at the ACC for up to date information. 503-557-4704. Please RSVP for any below presentation.

Thursday, May 18th at 1:00-2:30 pm. The basics: about memory loss, dementia and alzheimer's disease. Please call: 1-800-272-3900 to register. An education program by the Alzheimer's association. Alzheimer is not a normal part of aging.

Friday, May 19th from 11:00-1:00 pm. Barbara Cahill, an Audiologist, will have a table in the living room and will provide information, hearing screenings, and clean and check hearing aids.

Sunday, May 21st, the 7th Annual Alzheimer's "Walk to Remember" will take place. The 3-mile walk beginning at SpringRidge Court at 11:00 am. Registration fee is \$5.00 and will be donated to the Alzheimer's Association. Please contact Cindy at 503-694-2700 / cfooster@srg-llc.com for more information.

Thursday, June 15th at 1:00-2:30 pm. Know the 10 signs. Early detection matters. (Presented by the Alzheimer's Association). Please call: 1-800-272-3900 to register. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts.

Wednesday, July 12th and Wednesday, August 9th, there will be an orientation at 12:00 1:30 pm for people interested in volunteering and learning about the Memory Café. The Café is a social, fun, and free service offered to folks living with memory loss and their families and those who care about them.

Annual Plant Sale:

Thursday, May 11th and Friday May 12th from 9:00 am-3:00 pm.

Support the West Linn Adult Community Center by

stopping by for this event on 1180 Rosemont Road at



the WLACC. We have beautiful hanging baskets, annuals, perennials, vegetable starts and fruit options. A perfect time to think about those Mother's Day gifts!



Ooh La La! **Mother's Day Tea**

**Monday, May
8th at 12:00
noon.**

Tickets are \$14.00 and can be purchased in advance at the ACC front desk. You may also call in (503-557-4704) and pay by credit card.

Wear your finest hat to win a prize.

**FRIDAY, June 23rd, from 4:30 pm-7:30 pm
at the Center.**

Tickets can be purchased beforehand.

**West Linn Adult Community Center
FUN - Raiser!**



**For more details,
see page 10**

DID You Know!

COOKING Classes

Whether you're looking to improve your cooking skills or just want to enjoy a fabulous meal with others in the community, our cooking classes will provide a fun and educational atmosphere and enjoyable early dinner that will leave you with new skills, new friends and satisfied. Cooking classes are from 3:30-5:30 pm. Cost is \$20.00 and include the meal. A 6-person minimum is required. Sign up at the front desk of the Adult Community Center, or call 503-557-4704 to pay by credit card.

Thursday, 5/4--Shrimp and 3 Cheese Tortellini in pesto cream sauce. Served with crusty garlic bread.

Thursday, 5/18--Chicken Pad Thai with handmade salad rolls. Served with homemade peanut sauce.

Thursday, 6/1--Gorgonzola stuffed hamburgers with grilled red potato plank fries.

Thursday, 6/15--Smoked Salmon Stuffed Ravioli in a fire roasted red peppers cream sauce. Served with pesto garlic bread.

Thursday, 7/6--Caprese Salad. A summer salad class! Soft Mozzarella, fresh garden tomatoes with basil leaves in a balsamic vinaigrette.

Our cooking instructor Danial James has spent many years working in fine dining establishments where he learned from some of the best head chefs in the state. He has a passion for cooking in all of its various styles.

Lakewood Theatre Presents:



GODSPELL

April 28 - June 11 – Directed by Michael Snider. Popular Audience Request. Music by Stephen Schwartz. Book by John-Michael Tebelak.

Based on the Gospel according to Matthew, Godspell is a groundbreaking and unique reflection on the life of Jesus, with a message of kindness, tolerance and love.

The parables of the Bible come to life with a parade of beloved songs including "Prepare Ye The Way Of The Lord," "Learn Your Lessons Well," "All For The Best," "All Good Gifts," "Turn Back, O Man" and "By My Side." **Show Sponsor: Nicoletta's Table and Marketplace."**

IMPORTANT NOTICE: The Lakewood Theater is allowing us to now have 20 people on the list. At this time, Lorene Bay is our volunteer list monitor and she is able to have a guest with her that does not affect the 20 available signups for the Wednesday show. We are now requiring all those who sign up on the list to be participants of the Community Center and sign up in person. Participants will be defined as anyone who attends an activity here, whether that will be meals, exercise class, card games, presentations... Anything that brings them into the center. **Please note:** If you are unable to attend after signing up, you need to call the front desk to let them know of your cancellation so we know that there is room for another person to sign up. Let's do our best to comply with their regulations so that they continue to offer these free rehearsal plays to the West Linn seniors. Thank you!

THE (Greatest) Best Kept Shopping Secret in West Linn!

Which no longer wants to be 'the best kept shopping secret in West Linn!' (See ad on page 5).

Please help us spread the word that we have one of the best gift shops in West Linn.

Great gifts! **Great** bargains! **Great** prices! **Great** selections! **Great** everything! From birthday cards, to summer hats, to beautiful scarves, to jewelry, to handmade baby clothes, to handmade aprons and pot holders. **Great** selection of beautiful cards for every occasion. From chrysal vases, to glassware, the list is practically endless!

Please again, spread the word and let's look forward to seeing you soon! – *Veronica and John.*

West Linn Memory Café

Every 2nd Wednesday of the month from 1:30-3:00 pm. The challenges of living with memory loss can sever connection at a time when it's needed most. Memory Café gatherings are one way people with memory loss and their companions can come together to make new friendships in a safe community setting. We need volunteers to provide normalcy for those experiencing memory loss. *(Please note: this is not a drop off site, participants must be accompanied by a care-partner.)*

IT SHOULD BE A CHOICE...
NOT A CRISIS.

Too often my clients wish they had acted sooner. Let me help you transition with ease.

- Counseling
- Lifestyle Placement Advisors
- Moving and Downsizing Specialists
- Legal and Estate Planning
- Reverse Mortgage Counseling
- Real Estate Advice, specifically for seniors



Larry Blackmar
Senior Real Estate Specialist
Broker. Licensed in Oregon
503-704-3793
larry@hasson.com

**HASSON
COMPANY
REALTORS®**

www.larryblackmar.hasson.com

TREASURE AT WEST LINN PARKS – by Keli Stevens



One of my favorite things about this time of year is watching mother nature reawaken after her long winter's rest. The trees, once bare and leafless, blossom and fill with lush foliage, everywhere you look you see flowers and colors, even the birds put on a show. It's a magical gift to the senses and truly balm to the soul. One of the best places to experience these treasures are the beautiful parks and open spaces that can be found right here in West Linn. The West Linn Parks and Recreation website, <http://westlinnoregon.gov/parksrec>, lists 32 of them. Of these, 23 of them offer trails or paths and 18 are handicap accessible. With about 600 acres of gorgeous opportunities to connect with nature, these beautiful spaces are located all around West Linn and are often quietly tucked away in a neighborhood. 32 hidden gems just waiting to be discovered.

Parks bring us peace and relaxation. Sometimes we find a welcome reprieve from the stress of everyday living. Sometimes they just make us breathe easier. Our mood and overall sense of well-being is boosted. The sights, the smells, the sounds; all work to reenergize our souls. Theories claim that humans are drawn to nature. Biophilia is our great affinity for other living things, be it plant or animal. We are at our best when we embrace this natural affinity and seek a connection with nature. Consciously or unconsciously, we crave it. These biophilic needs are met when we visit a park.

It is common knowledge that children love parks. The health benefits of running and playing are obvious. Regular time spent playing out of doors is great for a child's health and body. Equally beneficial are the effects on social skills, cognitive development, and overall mood and behavior. Adults of all ages can enjoy similar rewards when spending time in nature. The opportunity to hike trails or even just leisurely meander down tranquil paths can play an enormous role in the quality of a person's life, and on a larger scale the entire community. Studies show that people who have access to park spaces live longer, healthier lives. They tend to exercise more and weigh less than their city dwelling counterparts. This leads to improved cardiovascular and muscle health, lower risk for conditions like: heart disease, high blood pressure, stroke, type 2 diabetes and some cancers, (colon, ovarian, breast and lung.) We enjoy a feeling of community and strengthen social ties when we encounter others at the park. We share a feeling of belonging to the same "club". The community is healthier and stronger when everyone has access to a park.

Favorite park activities are not just limited to the pedestrian pursuits. While hiking and walking are excellent choices, many people enjoy bird watching, sports and geocaching instead. Geocaching is like a technological treasure hunt where you enter navigational coordinates into a smart phone or other hand held GPS device and search for a treasure someone else has hidden. The successful treasure hunter signs their name into a log book, takes a treasure, leaves a treasure, then shares stories about their find online. Geocaching is a very popular activity with thousands of caches hidden all around the world, many of which can be found right in our own local parks. Kids adore this activity, and it makes a fun family hobby. Much more information on geocaching can be found at www.geocaching.com

Whether you enjoy connecting with nature, bird watching, fresh air and exercise, social interactions, picnicking, athletics, geocaching, or just play and family fun, look to your local parks. The treasures await you.



Take the **GUESSWORK** Out of Your Senior Living Search

Make informed decisions for yourself or a loved one.

Rely on my

- ▶ Personal experience
- ▶ Research
- ▶ Knowledge

Call
Jennifer Cook-Buman
503-780-7353

**Living
Right** 
Senior Placement

Discover where Living is Right for YOU! – www.LivingRight.net

DON'T forget:



YOU CAN HELP THE FRIENDS OF THE ADULT COMMUNITY

Congratulations to MARIE HORVATH and JAY RICE, the winners of the Fred Meyer Rewards free lunch.

After June 1, 2017 the Fred Meyer Rewards donation need to be renewed. To renew your request to have the Friends of the West Linn Adult Community Center receive the donation from Fred Meyer, please call Fred Meyer at 1 800 516 2686 and tell them that your donation is for number **87643**. If you are not a member of the Fred Meyer Rewards, please join Fred Meyer Rewards, and have the center added, so your Fred Meyer purchases help support your Center and you may win a free lunch.

If you are a member of Fred Meyer Rewards program and have designated the Friends of the West Linn Adult Community Center to receive donation from Fred Meyer, please leave your receipt with "thank you for participating in the 2017 Fred Meyer Community rewards as you requested Fred Meyer donate to the West Linn Adult Community Center." With your name and phone number in the container at the front desk, you will be entered to win a free lunch!

THANK YOU for your support of the Friends West Linn Adult Community Center.

— Lorene

HELPING THE COMMUNITY BUY AND SELL HOMES.



CALL ME TO FIND OUT
WHAT YOUR HOME IS WORTH.



SCOTT FOSTER
LICENSED OREGON BROKER

Phone: 503-860-9318
Email: Scott@homes503.com
Website: www.homes503.com

M
REALTY



17040 Pilkington Rd. #200
Lake Oswego, OR 97035

JOIN US FOR SHRED DAY

SATURDAY MAY 6TH 9:30 AM TO 1:00 PM
WEST LINN ADULT COMMUNITY CENTER PARKING LOT
1180 ROSEMONT ROAD WEST LINN, OR 97068
~PLEASE ONLY 1 BOX PER CUSTOMER~
~HOSTED BY~

Vickie Blodgett, OR Broker

Keller Williams Realty
6400 SE Lake Rd. #200
Milwaukie, OR 97222
Phone: 503-819-4041
vickie@victoriablodgett.com
www.victoriablodgett.com



KW PORTLAND
CENTRAL
KELLER WILLIAMS

Each office is individually owned and operated

Jill Braun

Senior Loan Officer
LoanStar Home Lending
Phone: 503-407-9540
jbraun@goloanstar.com
www.goloanstar.com/jillbraun
NMLS #: 239004



LoanStar Home Lending, LLC dba LoanStar Home Lending, NMLS 1094592
OR ML 25201000, CL 1094592, NMLS 1094592

Upcoming Friends Board Meetings:

Wednesdays May 17th and
June 21st at 12:45 pm.

ALL MEMBERS WELCOME!

No Qigong on **Monday, May 8th**
because of the Mother's Day Tea
celebration.

On **Friday, June 23rd**, all activities are
also cancelled after 1:00 pm because
of our special Annual **"Fun-Raiser"**.

The Center is also closed **Monday, May
29th** and **Tuesday, July 4th**.

*Ooh La
La!*

Mother's Day Tea

**Monday, May 8th
at 12:00 noon at
the West Linn Adult
Community Center.
1180 Rosemont Rd.
503-5574704.**



Enjoy delicious tea and delicacies served by men in tuxedos. Wear your finest hat and you could win a prize.

Tickets are \$14.00 and can be purchased in advance at the ACC front desk, or you may also call in at 503-557-4704) and pay by credit card.

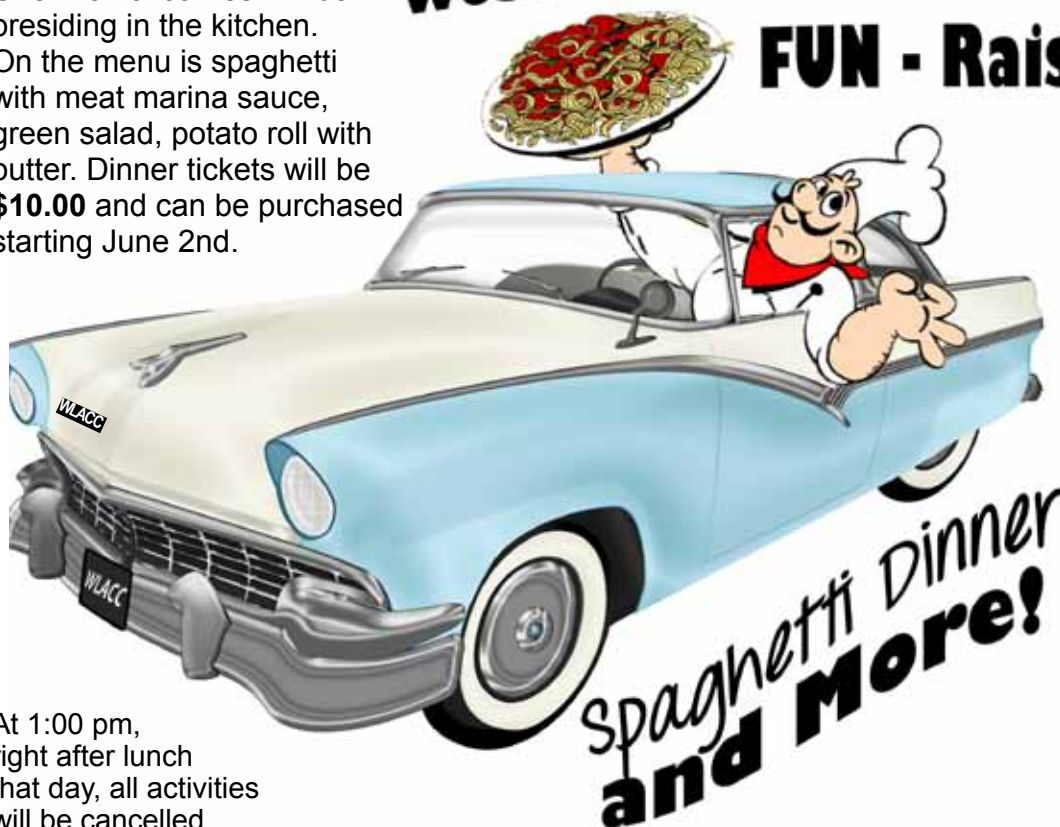
Come and join the fun!

Friday, June 23rd at the West Linn Adult Community Center

Dinner will be served at 4:30 pm-7:00 pm.

Chef Danial James will be presiding in the kitchen. On the menu is spaghetti with meat marina sauce, green salad, potato roll with butter. Dinner tickets will be **\$10.00** and can be purchased starting June 2nd.

Friends of the West Linn Adult Community Center FUN - Raiser!



At 1:00 pm, right after lunch that day, all activities will be cancelled.

A wine bar will sell red and white housewines for approximately \$3.00.

Coffee and lemonade will be free during the event.

Dessert pie can be purchased for approximately \$3.00.

- There will be a contest for pre-sales;
- Classic cars will again be displayed outside;
- Raffle items available;
- Entertainment by the Rosemont Ridge Band, the Ukelele Group, and some other **surprise** appearances.

SPECIAL Event Page



WELCOME

ISLA RAE CARLSON

Born: April 5th

Weighing in at:
6 lbs and 6 oz.

CONGRATULATIONS Matt and
Tiffany.

JOIN US **MAY 10TH**, FOR MUSIC, GAMES & FUN

We envision a regular gathering where folks living with dementia and other memory care needs can socialize with peers and community members.

- ➔ Safe, supportive community environment.
- ➔ Free resources available at every Café
- ➔ Refreshments provided free of charge
- ➔ Relaxed atmosphere
- ➔ Entertainment or creative activity included

Please note, this is not a drop off site, participants requiring assistance must be accompanied by a care-partner.

~Refreshments provided by Tanner Spring Assisted Living~

West Linn Memory Café

Est.
2016



Join us **May 10th!**
Wear your favorite hat or
bring your favorite tea cup
for a special Mother's Day
café.

2nd Wednesdays,
1:30-3pm

Location: West Linn Adult Community Center
1180 Rosemont Rd
West Linn, OR



Wii Bowling Group to Meet

Have you ever tried **Wii** Bowling? Have you ever heard of **Wii** Bowling? **Tuesday, May 9th, at 1:00 pm** will be our first meeting! **Wii** Bowling is a video game system that uses hand held controllers. The bowling game looks real as you look at the TV screen, only there is no heavy ball to roll down the alley. The WLACC has a Wii console, and we will be trying it out on our new TV screen on this day in the Hemlock room. We will meet weekly, so if you can't come the first time, come the next week, or the next . . . !



If you like bowling, and want to find out more about **Wii**, drop in on May 9th. For more information call Mark Thomas at 503-723-6088.



We are happy to announce that Mundo Catering is providing our lunches. Lunches are \$5:00 and served at noon time. **Complimentary Birthday Brunches on the first Wednesday of the month.**

March Lunch Menus – All menus include a salad

Monday 05/01	Chicken thigh romesco, curried rice, green beans and shortbread cookies
Wednesday 5/03	Birthday Brunch: Potato hash, sausage strata, bacon and fruit salad
Friday 05/05	Beef stew, roasted sweet potatoes, carrots and pineapple upside down cake
Monday 05/08	No catering by Mundo! Instead we will have: <i>Oh La La Mother's Day Tea</i> celebration
Wednesday 05/10	Corn chowder, BLT's and tutti frutti jello
Friday 05/12	Pork with demi glace, mashed potatoes, winter root vegetables, gingerbread coffeecake
Monday 05/15	Meatballs with marinara, spaghetti, mixed vegetables and strawberry shortcake .
Wednesday 05/17	Minestrone, Italian subs and cherry pie
Friday 05/19	Coq au vin, rice pilaf, brussels sprouts and honey-glazed bread pudding
Monday 05/22	Stir-fried pork, vermicelli noodles, sugar snap peas and assorted cookies
Wednesday 05/24	Chicken noodle soup, turkey sandwiches and chocolate cupcakes
Friday 05/26	Meatballs, spaghetti marinara, corn and vanilla buttercake
Monday 05/29	Memorial day (CLOSED)
Wednesday 05/31	Tomato soup, grilled cheese and whoopie pies

April Lunch Menus – All menus include a salad

Friday 06/02	Beef stroganoff, egg noodles, green peas and lemon meringue pie
Monday 06/05	Chicken kiev, bow tie pasta with pesto cream, Asparagus and chocolate cookies
Wednesday 06/07	Birthday Brunch: Frittatas, hashbrowns, sausage and fruit salad
Friday 06/09	Pork loin with cran-apple glaze, roasted potatoes, zucchini and coconut cupcakes
Monday 06/12	Chicken stir fry, brown rice, vegetable medley and sesame cookies
Wednesday 06/14	Bulgarian beef chowder, tomato-mozzarella sandwiches and brownies
Friday 06/16	Beef fajitas, beans and rice, peppers and onions and caramel flan
Monday 06/19	Chicken parmesan, buttered pasta, peas and carrots and banana fritters
Wednesday 06/21	Sausage-potato soup, cucumber sandwiches and peach cobbler
Friday 06/23	Beef kebobs, persian rice, seared tomatoes and rice pudding
Monday 06/26	Jambalaya, dirty rice, broccoli and beignets
Wednesday 06/28	Black bean soup, chicken salad sandwiches and ice cream-cookie bars
Friday 06/30	Shrimp scampi linguini, garlic bread, green beans and ambrosia salad

May Birthdays

Doris Clark – Martha Ann Consolvo – Theres Cummings – Marilyn Ellwood – Lola Evans – Nancy Farkas – Marlene Fellman – Luella Hunt – Judy Hutchinson – Judy Rice – Marlene Rickett – Karen Rogstad – Carol Stowell – Nora Wheaton – Geraldine Work – Robert Bayly – Robert Bishop – Tom Farr – Gil Lombard – Juergen Mueller – Fred O'Leary – David Reaton – Clyde Tanita – Michael Watters

June Birthdays

Caryn Aman – Margaret (Peg) Carlson – Rosemary Corrie – Margaret DeJardin – Norma Deputy – Carol Farr – Claudia Guest – Evelyn Henry – Margo Lind – Rita J. Perry – Brenda Perry – Cris Ponti – Leslie Reed – Lan Hwa Shibue – Carol Shiveley – Joy Velte – Arnold Burke – Jim Beatty – David Cast – Leo Conkle – Robert Elliot Peabody – Neon Evers – Dick Fluter – Tom Hall – Dave Johnson – Stuart Kendall – Bob Martin – Ralph Olson – William Peebler

WELCOME

New Members

Many thanks to all of you who decided to join the "Friends of the West Linn Adult Community Center" AND to those who renewed their membership for this year. Your contribution will go a long way! – THANK YOU!



Check us out on Facebook.

www.facebook.com/Friends.of.the.WLACC

Tiffany's Baby Shower – March 1st, 2017



Photo's by
Doug Dickston

Isla Rae Carlson, born April 5th, 2017 – 6 lbs and 6 oz.



Two weeks
later: 7 lbs and
3 oz, and hiding
in Mommy's
new baby
carrier.

Help represent the West Linn Adult Community Center



The West Linn Tidings is looking for two writers who could each month write something about The West Linn Adult Community Center.

This would be a shared position, and would be a once a month requirement.

Currently, we have two people who are willing to participate, but it would be nice if we could be represented each and every week in this weekly newspaper.

For more information, please contact Barb Randall, Community Editor, Lake Oswego Review / West Linn Tidings. Tel. 503-636-1281 ext.100 or email Mieke Wiegman at miekew@comcast.net.

May 2017 West Linn Adult Community Center – 503-557-4704

1 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Lunch-Chicken thigh romesco, curried rice, green beans 12:30- Bridge 1:00-Drama, Age Cured Hams	2 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Core Conditioning 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 2:00- West Linn Uke Jam	3 WEDNESDAY 8:30- Walking Group 9:00-Foot care by appt. 10:00-Aerobics 11:00-Garden Appreciation Group 12:00-Birthday Brunch-Potato hash, sausage strata, bacon 12:30- Pinochle 1:00-Rosemont Rhythm Band	4 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting class 11:15-Nia-Music and Movement class 12:30- Bridge 1:00- Adult Coloring 3:30-Cooking class	5 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00-Foot care by appt. 9:45-Core Conditioning 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch-Beef stew 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
8 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 9:00-Attorney available by appt 10:00- Aerobics 10:00-No Qigong today 10:00- Hand and Foot 12:00-Mother's Day Tea 12:30- Bridge 1:00-Drama, Age Cured Hams 1:00-Craft of the month	9 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Core Conditioning 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Wii Bowling 2:00- West Linn Uke Jam	10 WEDNESDAY 8:30- Walking Group 10:00-Aerobics 11:00-Garden Appreciation Group 12:00-Lunch-Corn chowder, BLT's and tutti frutti jello 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club 1:30- Memory Cafe	11 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 10:00-Plant Sale 11:15-Nia-Music and Movement class 12:30- Bridge 1:00-Adult Coloring	12 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:45-Core Conditioning 10:00-Plant Sale 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch-Pork with demi glace, mashed potatoes 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
15 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Lunch-Meatballs with marinara, and spaghetti 12:30- Bridge 1:00-Drama, Age Cured Hams	16 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Core Conditioning 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Wii Bowling 2:00- West Linn Uke Jam	17 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Lunch- Italian subs and cherry pie 12:30- Pinochle 12:45-FACC Board Meeting 1:00-Rosemont Rhythm Band	18 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 1:00-Adult Coloring 1:00-Presentation-The Basics-Memory Loss, Dementia and Alzheimer's Disease 3:30-Cooking class	19 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:45-Core Conditioning 10:00- Open Painting 10:00- Aerobics 10:00- Whist 11:00- Audiologist-Info, screening, hearing aid check 12:00-Lunch-Coq au vin, 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
22 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Lunch-Stir-fried pork, vermicelli noodles 12:30- Bridge 1:00-Drama, Age Cured Hams	23 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Core Conditioning 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Wii Bowling 2:00- West Linn Uke Jam	24 WEDNESDAY 8:30- Walking Group 9:45-Bus Trip-Trappist Abbey 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Lunch-Chicken noodle soup, turkey sandwiches 12:30- Pinochle 1:00-Rosemont Rhythm Band	25 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 1:00-Adult Coloring	26 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:45-Core Conditioning 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch-Meatballs, spaghetti marinara, corn 12:30- Pinochle 12:45- Texas Hold 'Em 1:00- Mah Jongg
29 MONDAY <p style="text-align: center;">Closed for</p> 	30 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Core Conditioning 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Wii Bowling 2:00- West Linn Uke Jam	31 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Lunch-Tomato soup 12:30- Pinochle 1:00-Rosemont Rhythm Band	<p style="text-align: center;">Don't forget to RENEW your Fred Meyer Card AFTER JUNE 1st, to benefit the WLACC! – Thank you.</p>	

June 2017 West Linn Adult Community Center – 503-557-4704

			1 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 1:00- Adult Coloring 3:30-Cooking class Don't forget to renew your FRED MEYERS reward card.	2 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:00-Foot care by appt. 9:45-Core Conditioning 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch –Beef stroganoff 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg
5 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 9:00-Attorney available by appt 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Lunch-Chicken kiev 12:30- Bridge 1:00-Drama, Age Cured Hams 1:00-Craft of the month	6 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Core Conditioning 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Wii Bowling 2:00- West Linn Uke Jam	7 WEDNESDAY 8:30- Walking Group 10:00-Aerobics 11:00-Garden Appreciation Group 12:00-Birthday Brunch: Frittatas 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club	8 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:30-Bus Trip to the Oregon Garden 9:45-Share Singers 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 1:00-Adult Coloring	9 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:45-Core Conditioning 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch-Pork loin 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg
12 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Lunch-Chicken stir fry 12:30- Bridge 1:00-Drama, Age Cured Hams	13 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Core Conditioning 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Wii Bowling 2:00- West Linn Uke Jam	14 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Lunch-Beef chowder 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:30-Memory Cafe	15 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 1:00-Adult Coloring 1:00-Presentation-Alzheimer's-Know the 10 Signs 3:30-Cooking class	16 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:45-Core Conditioning 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch-Beef fajitas 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg
19 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Lunch-Chicken parmesan 12:30- Bridge 1:00-Drama, Age Cured Hams	20 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Core Conditioning 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Wii Bowling 2:00- West Linn Uke Jam	21 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 11:00-Garden Appreciation Group 12:00-Lunch-Sausage-potato soup 12:30- Pinochle 12:45-FACC Board Meeting 1:00-Rosemont Rhythm Band	22 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 1:00-Adult Coloring	23 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:45-Core Conditioning 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch-Beef Kabobs 12:30- Pinochle 1:00 –Center Closed
26 MONDAY 8:45- Tai Chi 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00-Qigong 10:00- Hand and Foot 12:00-Lunch-Jambalaya 12:30- Bridge 1:00-Drama, Age Cured Hams	27 TUESDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Core Conditioning 9:45-Honoring Our Memories Writing Group 10:00- Yoga 11:00- T'ai Chi 11:15-Nia-Music and Movement class 12:30- Pinochle 1:00-Wii Bowling 2:00- West Linn Uke Jam	28 WEDNESDAY 8:30- Walking Group 10:00-Aerobics 11:00-Garden Appreciation Group 12:00-Lunch-Black bean soup 12:30- Pinochle 1:00-Rosemont Rhythm Band 1:00-Book Club	29 THURSDAY 8:00- Core Strength 8:30- Strength & Balance 9:45-Share Singers 10:00-Yoga 10:00- Knitting & crocheting 11:15-Nia-Music and Movement class 12:30- Bridge 1:00-Adult Coloring	30 FRIDAY 8:00- Core Strength 8:30- Strength & Balance 8:30- Walking Group 9:45-Core Conditioning 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:00-Lunch-Shrimp scampi 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg